



For Immediate Release

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Veterans in Recovery Presentation Scheduled for March 16

The public is invited to hear the stories of military veterans who came to terms with the devastating effects of alcohol and substance abuse and successfully overcame their addictions.

The free presentation, entitled Veterans in Recovery, will be held on Monday, March 16, from 6 p.m. to 8 p.m. at the Warren-Newport Public Library, 224 N. O'Plaine Road in Gurnee. The presentation is organized by the Lake-McHenry Veterans and Family Services program at the Lake County Health Department.

Military families live in a culture with unique behavioral needs not always understood by the general public. The demands of military life and experiences of combat often result in veterans experiencing psychological distress further complicated by a culture in which individuals tend to not talk about their experiences, said Steve Ruohomaki, Clinical Supervisor/Senior Therapist with Lake-McHenry Veterans and Family Services. Those military veterans sometimes turn to mood-altering substances that can result in abuse and related disorders, he added.

Currently, there are approximately 40,000 veterans in Lake County alone, and of those veterans, 20 to 25 percent struggle with mental health issues. Veterans are often reluctant to seek help on issues ranging from job and benefit issues to emotional stress caused by deployment, reintegration, and family issues.

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